

AF changes fitness criteria

by Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Air Force officials announced a few changes to the physical fitness test.

Updates to Air Force Instruction 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be

measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, the results of the waist measurement would be used to calculate their test score.

Changes to the AFI will also include adjustment for those at high-altitude installations — those

at installations with an elevation of 5,000 feet or greater. Officials will use the formula for altitude calculations recommended by the National Collegiate Athletic Association.

A final change is in the retesting time frames. For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days. This will be consistent with the retest time for poor scores, those less than 70.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general, because the program has proven successful.

Air Force receives new leadership

SAN ANTONIO — Gen. T. Michael Moseley was sworn in as the next chief of staff of the Air Force following Gen. John P. Jumper's retirement ceremony Sept. 2 at Andrews Air Force Base, Md.

Gen. John D. W. Corley was chosen to fill General Moseley's position as vice chief of staff.

During General Moseley's Senate Confirmation hearing he said his priorities would be to further refine and improve joint warfighting skills, continue to strengthen the Air Force's greatest asset — its people — and to recapitalize the aging aircraft fleet to meet future

warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle.

He is a graduate of Texas A&M University where he earned both a bachelor's and a master's in political science.

Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom.

General Corley, who was the principal

deputy for the assistant secretary of the Air Force for acquisition, entered the Air Force in 1973 at the U.S. Air Force Academy and has commanded at the squadron, group and wing levels. He has more than 3,000 flying hours with combat experience.

As combined air operations center director supporting Operation Enduring Freedom, General Corley coordinated more than 11,000 combat missions striking more than 4,700 targets. His awards and decorations include the Defense Superior Service medal, the Legion of Merit and the Bronze Star medal.

Force Shaping Phase II evolves for fiscal 2006

by Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — The Air Force achieved its congressionally mandated active-duty end strength of 359,700 Airmen for fiscal 2005. Force Shaping Phase II initiatives successfully reduced the overall size of the force; however, the Air Force still has more officers than authorized and Phase II will continue into the next fiscal year, beginning Oct. 1.

"We will now limit voluntary separation opportunities for active-duty enlisted Airmen, while maintaining voluntary programs for officers," said Brig. Gen. Glenn F. Spears, force manage-

ment policy director on the director of personnel staff at the Pentagon. "We met our goals to balance and reduce excesses in our enlisted force, and we must continue to focus on shaping the officer force in size and skills."

Two force-shaping initiatives for the enlisted force will be retained: the "Blue to Green" option and the career job reservation program.

"Airmen who do not wish to obtain a CJR or do not want to retrain may apply to transfer to the Air Force Reserve or Air National Guard via Palace Chase, transfer to the Army via the Blue to Green program, apply for opportunities in civil service or separate upon fulfillment of their

enlistment," General Spears said.

For Air Force officers, force-shaping opportunities are still available and will continue until the Air Force meets its end strength numbers for 2006.

"We currently have more officers than allowed by law, particularly in the junior grades," General Spears said. "This excess produces operational and fiscal costs — it restricts their opportunities to serve and to develop as leaders in our force, and it takes dollars from other validated requirements."

The latest force-shaping opportunities are now available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/retsep/shape2.htm.

New housing allowance guidelines won't result in pay cut

by Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON — Defense officials are eliminating the "geographic rate protection" clause that ensures servicemembers moving to a new area receive the same housing allowance as those already living there.

Geographic rate protection is expiring in January because basic allowance for housing rates have reached a level where servicemembers no longer have to pay out-of-pocket expenses for housing, said Col. Virginia Penrod, the Defense Department director of military compensation.

Servicemembers may still have to pay some out-of-pocket expenses if they choose to live above that

level. Conversely, if servicemembers choose to live below the average level, they will still receive the same BAH rate.

Servicemembers still have "individual rate protection" as long as they stay within the same geographic area. If average housing costs in a given geographic area go down, people already living in that area continue to receive the higher amount.

However, servicemembers moving into that area receive the lower amount. Geographic rate protection was a temporary protection put into effect to prevent people of the same pay grade living in the same area from getting different amounts of housing allowance.

Rate protection was instituted in

2000 to ensure BAH rates were the same among like-pay grade individuals living in the same area while troops were still paying part of their own housing expenses, Colonel Penrod said. Now that housing allowance rates are high enough to cover servicemembers' entire housing expenses, geographic rate protection is not necessary, she said.

"It was a short-term program," she said. "We always had in our minds that we would eliminate the protection once the out-of-pocket (expenses) went to zero."

Each year, BAH rates are adjusted with input from military housing offices in the area. If it is determined the rate needs to be increased, all servicemembers living in that area will receive the increase.

Air Force approves wear of Afghanistan, Iraqi campaign medals

RANDOLPH AIR FORCE BASE, Texas — Air Force officials have authorized Airmen to wear the Afghanistan Campaign Medal and the Iraqi Campaign Medal.

The Department of Defense campaign medals apply to active-duty Airmen, reservists and guardsmen deployed on or after Oct. 24, 2001, for Operation Enduring Freedom and March 19, 2003, for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas within and all airspaces above

Afghanistan. The ICM is for service covering all land areas within Iraq, all adjoining water areas out to 12 nautical miles and all airspaces above those areas.

Airmen are not entitled to more than one campaign and/or expeditionary medal for the same action, achievement or period of service. There are also no devices for either campaign medals or the Global War on Terrorism-Expeditionary Medal.

A period of service is defined as an area of deployment and includes the number of days criteria outlined above. Airmen begin a second period of service when they forward deploy or return to home station and then deploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days between the eligibility period and April 30, may elect to wear either the appropriate campaign medal or the GWOT-E medal, but not both.

Those who deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days after April 30 can only earn the respective campaign medal for the area they served in.

The campaign medal for Afghanistan shall be positioned below the one for Kosovo and above the medal for Iraq. For more information, Airmen can contact their local military personnel flight.